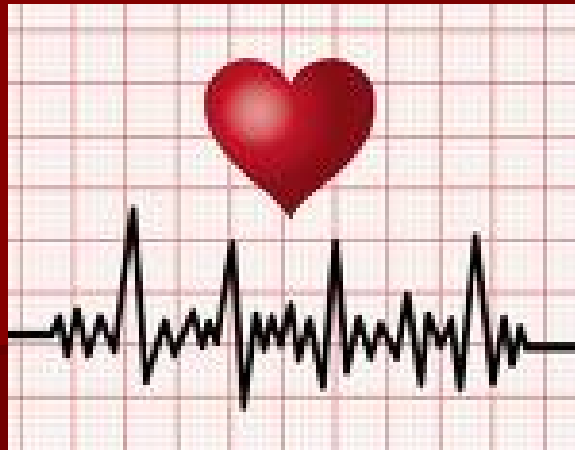
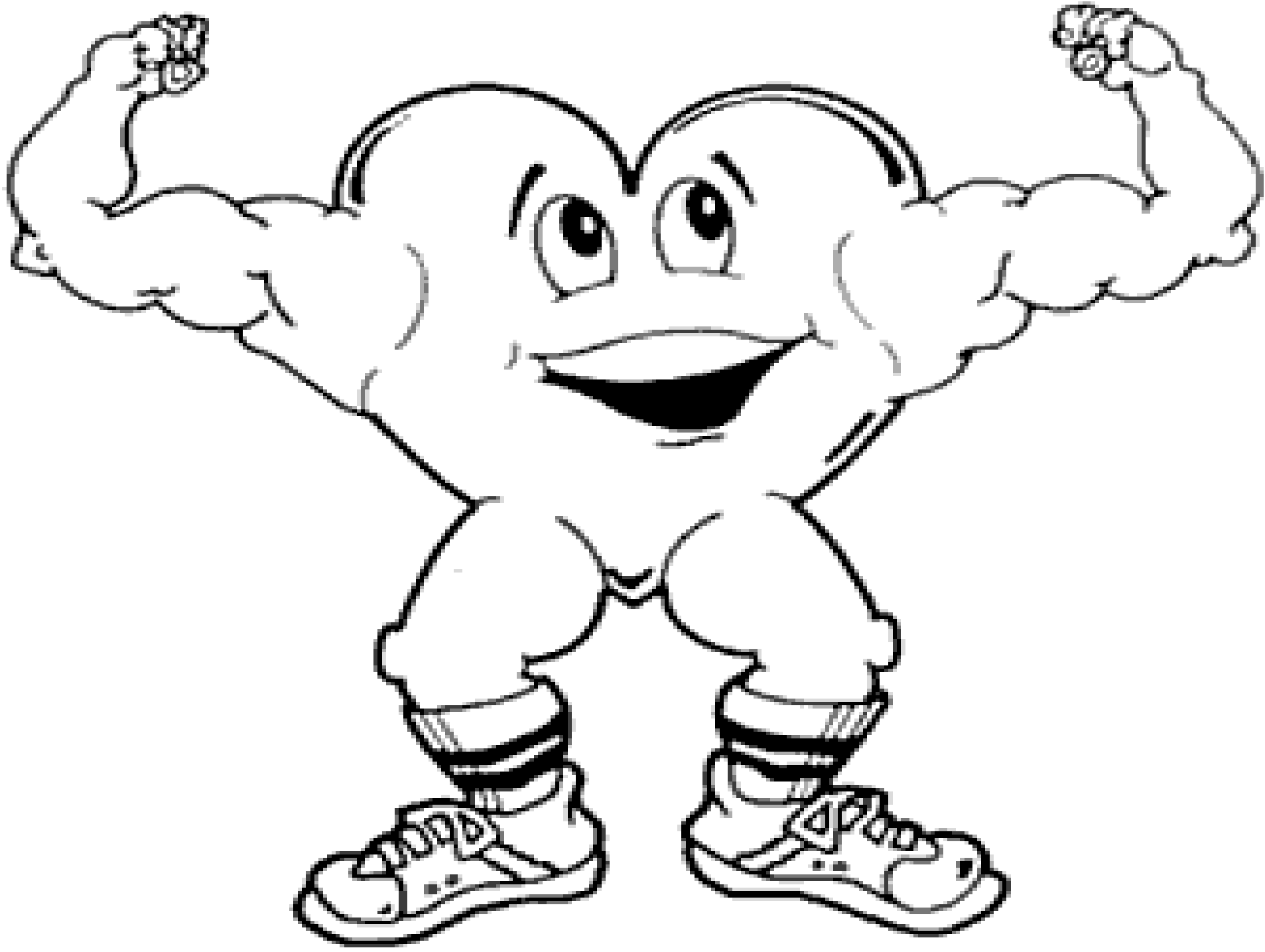


# Heart Healthy 2007

PRESENTED BY...

KSC FITNESS CENTER INTERN, LIZ EVERETT





# TOPICS

- Cardiovascular Disease
- Risk Assessment for Cardiovascular Disease
- Guidelines
- Prevention

# Cardiovascular Disease

Disease affecting the heart or blood vessels.

Cardiovascular diseases include arteriosclerosis, coronary artery disease, heart valve disease, arrhythmia, heart failure, hypertension, orthostatic hypotension, shock, endocarditis, diseases of the aorta and its branches, disorders of the peripheral vascular system, and congenital heart disease

# Cardiovascular Disease

- 40% of ALL annual deaths
- More than 910,000 Americans die of cardiovascular diseases each year, which is 1 death every 35 seconds
- Coronary heart disease is a leading cause of premature, permanent disability in the U.S. workforce
- more than 70 million Americans currently live with a cardiovascular disease

# Cardiovascular Disease

## SYMPTOMS....

- ♥ Shortness of Breath (dyspnea )
- ♥ Persistent coughing and wheezing
- ♥ Edema
- ♥ Fatigue
- ♥ Nausea
- ♥ Increased heart rate

# Cardiovascular Disease

## Some of the CAUSES...

- ♥ Coronary artery disease  
(Fatty deposits that lead to a damaged heart muscle)
- ♥ Past heart attacks (myocardial infarction)
- ♥ Hypertension
- ♥ Abnormal heart valves
- ♥ Diabetes
- ♥ Lung disease
- ♥ Hyperthyroidism
- ♥ Severe Anemia
- ♥ Abnormal heart rhythm
- ♥ Heart defects from birth

*RISK FACTORS*



# FACTORS THAT CAN'T BE CHANGED

GENDER

AGE

HEREDITY (I.E. RACE)

# RISK FACTORS YOU CAN CHANGE!!

- Tobacco smoke
- High cholesterol
- High blood pressure
- Physical Inactivity
- Obesity
- CONTROLLING diabetes

Other factors that  
INCREASE your risk.



~STRESS

~HIGH CONSUMPTION OF  
ALCOHOL



“The man who removes a  
mountain begins by  
carrying away small  
stones.”



# What Can I do to Prevent Cardiovascular Disease???

Start with small steps such as...

**CHANGE POOR DIET HABITS!!!**



# Foods to limit

- ANYTHING fried
- Sweets
- SALT
- SATURATED AND TRANS Fats
- oils



# SUGGESTIONS

- Instead of Fried chicken, go for the baked chicken
- Instead of whole eggs, go for egg whites or substitutes
- Instead of white bread, go for the whole grain or wheat bread
- Instead of ice cream, go for the nonfat yogurt
- Instead of a cookie, go for a fig bar or graham crackers
- Cook with olive oil



# Drinks to limit

- Alcohol
- Soda
- Milk based flavored coffee drinks
- Sweetened fruit juice





# Suggestions

- DRINK MORE H<sub>2</sub>O!!!
- Always carry a water bottle
- Try all natural juices
- Try diet sodas or unsweet tea with sugar substitute
- Try red wine but in a small portion
- Avoid *regular* trips to your local Starbucks



# What Can I do to Prevent Cardiovascular Disease???

Start with small steps such as...

**EXERCISE !!!**



# ACSM CARDIOVASCULAR ACTIVITY GUIDELINES

- Try to get 30 minutes of aerobic (cardiovascular) activity at a moderate intensity on most days of the week

Cardiovascular (Aerobic) Activity: Any physical activity which requires increased oxygen intake and increases resting heart rate using large muscle groups



# EXAMPLES OF AEROBIC ACTIVITY

SKATE!

DANCE!

SWIM!

HIKE!

WALK the DOG!

BIKE!

HULA!

JUMP!

JOG!



Did you know?  
Walking 1 mile burns about 100  
calories. Adding a 1-mile walk  
daily results in a 10-pound per  
year weight loss!



# Benefits of Cardiovascular Activity

- Lowers your risk for CAD disease
- Increases your quality of life
- Increases stamina
- Manages diabetes
- Decreases blood pressure
- You burn calories which helps you to lose/manage weight
- Reduces stress



# Ways to Increase your cardiovascular fitness at the WORK PLACE

- Take the stairs instead of elevators
- Park your car farther away
- Walk around the facility during lunch break
- Go for a bike ride during lunch break
- Wear pedometer to monitor steps and increase steps each day
- Go to the fitness center before or after work or during your break



# KSC Fitness Center

- **LOCATION** : O& C building(867-7829) & OSB building (861-2133)
- **HOURS**: M-F 5:30 AM-7:00 PM
- **WEBSITE**: <http://fitness.ksc.nasa.gov>
- We offer Daily Group Fitness classes such as BOSOU Blast Off, Upper Cut, Hardcore, and Cardio Boot Camp as well as Personal Training and Fitness Assessments for FREE to all NASA & subcontractor employees 😊



What else can I do to prevent  
Cardiovascular Disease???

STOP SMOKING!  
STOP BAD DRINKING HABITS!  
SLEEP MORE AND STRESS  
LESS!



# FEBRUARY 2007 CARDIOVASCULAR DISEASE (CVD) SCREENING

- **Wednesday, February 14th at the OHF (Occupational Health Facility @ KSC) from 7-8 a.m.**
- **Thursday, February 15th at the MFF/LAC (Launch Area Clinic) from 7-8 a.m.**

{No appointment is necessary. You must fast for 12 hours prior to screening (water only). If you take prescription medications, ask your doctor how to manage these medications during your fasting.

The 2-page CVD questionnaire can be picked up at any medical facility. The questionnaire can also be downloaded at: <http://ksboc-forms/KSCForms2/ref/KSC28-1010V2.itr>. This form can be filled out on-line and then printed (please be sure to print each page single-sided on two separate sheets of paper)}

QUESTIONS? please call 867-3414 or 867-4566



# HAPPY VALENTINE'S DAY!

## THE END!!!

Remember to keep up your  
healthy habits and your heart  
will LOVE you!

